

Masco Football 2024 Preseason Schedule

Date	Event	Levels	Time	Location	Shirt Color
Fri, Aug 16	Practice 1	All	8am-12pm	MRHS	<i>Black</i>
Sat, Aug 17	Practice 2	All	8am-12pm	MRHS	<i>Black</i>
Sun, Aug 18	OFF				
Mon, Aug 19	Practice 3	All	8am-12pm	MRHS	<i>Black</i>
Tue, Aug 20	Practice 4	All	8am-12pm	MRHS	<i>Black</i>
Wed, Aug 21	Practice 5	All	8am-12pm	MRHS	<i>Black</i>
Thu, Aug 22	Practice 6 & 7	All	6: 8am-11am, 7: 4pm-5:30pm	MRHS	<i>Black</i>
Fri, Aug 23	Practice 8 & 9	All	8: 8am-11am, 9: 4pm-5:30pm	MRHS	<i>Black</i>
Sat, Aug 24	Scrimmage vs. Malden Catholic	All	10am-12pm	MRHS	<i>Black</i>
Sun, Aug 25	OFF				
Mon, Aug 26	Practice 10	All	4pm-6:30pm	MRHS	<i>Black</i>
Tue, Aug 27	Practice 11: Joint @ Melrose HS	All	4pm-6pm	Melrose	<i>Black</i>
Wed, Aug 28	Practice 12	All	4pm-6:30pm	MRHS	<i>Black</i>
Thu, Aug 29	Practice 13	All	4pm-6:30pm	MRHS	<i>Black</i>
Fri, Aug 30	Scrimmage @ Bedford HS	Varsity	4pm-6pm	Bedford	<i>Black</i>
Sat, Aug 31	Practice 14	All	8am-10:30am	MRHS	<i>Black</i>
Sun, Sep 1	OFF				
Mon, Sep 2	Practice 15	All	4pm-6:30pm	MRHS	<i>Black</i>
Tue, Sep 3	Practice 16	All	4pm-6:30pm	MRHS	<i>Black</i>
Wed, Sep 4	Practice 17	All	4pm-6:30pm	MRHS	<i>Black</i>

**** Have you submitted your registration and UPDATED PHYSICAL? ****

Students will not be permitted to begin their try-out until their registration and physical paperwork has been processed.

Please keep a copy for your records. Physicals expire **13 months after the appointment.**

NO EXCEPTIONS.

No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day

Double practice sessions are not permitted on the first three days of fall practice.

Football teams must precede their initial "full contact" practice with an additional five days of single conditioning and "limited contact" sessions. These practices can begin on the third Friday prior to Labor Day (August 16, 2024) and practice is not permitted on Sundays prior to Labor Day (August 18, August 25, and September 1, 2024). Also see Rule 35.4.